



# Dracut Council on Aging Newsletter

**JANUARY 2013**

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: **www.dracut-ma.us**

E-Mail: **councilonaging@dracut-ma.us**

The new year give us license to start anew. It's a time of retrospection and resolution. As we take pause to review our lives we find that mostly we desire to be healthy, happy with our families and friends and more importantly with ourselves. When we are content with who we are, everything else falls neatly into place. As it is with new year resolutions we may tend to be a little hard on ourselves, however a bit of self improvement can't hurt.

The COA offers many choices to achieve your goals. Good health comes from good nutrition, exercise and socialization. Our programing includes a nutrition program which serves a healthy noon time meal, Mon.-Fri.

Exercise classes offer low-impact aerobics and strength building. Many of our activities are geared to promoting socialization and recreation, such as card playing, bingo, billiards and puzzle making. Tai Chi and Reiki is effective in achieving inner and outer balance and can be healing as well.

Other programs such as our lecture series keep seniors abreast of current information on social security, medicare, health concerns, long term care and so much more. Looking to try something that will cultivate your artistic nature? Creative classes include, art in all mediums, quilting and knitting and crocheting.

Our annual Legacies writing competition is in its 9th year. It has produced many original stories by gifted authors, some of which had never written before. Although the contest begins in March, its never to early to start thinking of your story.

Our Veterans Breakfast is on Thursday the 29th at 9am, all veterans and their families are welcome. A special MVNP meal of stuffed crust pizza will be served on Thursday the 24th. Please sign up with Debbie by Jan. 17th

Methuen Village will present Healthy Eating, Healthy Brain with nutritionist,

Dr. Lombardo on the 10th at 10am. Healthy refreshments will be served. Representative Colleen Garry will hold office hours Mon. Jan. 14th at 10:30 Our quick trips are a great way to recreate and socialize held on Fridays, please see inside this issue for more info.

Join me at my coffee hour on the 31st. At 10am for lively and interesting conversations. It's the new year at the Dracut Council on Aging, the best place in town.

Executive Director, Joyce Shadan

## COUNCIL ON AGING STAFF

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Joyce H. Shadan,  
*Executive Director*  
Judy Gilbert, *Social Services*  
*Volunteer Coordinator*  
Donna Houston  
*Outreach Coordinator*  
Pat Cahill  
*Clerk/Bookkeeper*  
Alma Reeves,  
*Administrative Assistant*  
Anita Chartier, *Bus Driver*  
Russ Lahaise, *Bus Driver*  
Bill Dorris *Bus Driver*  
Gertrude Frechette, *Custodian*  
Bob Houston, *Custodian*  
Monica Gagne, *Greeter, CTI*

## NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*  
Donna Campbell, *Site Aide*

## COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*  
Ann Casey, *Vice Chairperson*  
Mary Jo Sudol, *Treasurer*  
Renee Espinola, *Secretary*

## MEMBERS

William O'Neill  
Chet Pater  
Gerald Surprenant  
Lt. Mike Fluery  
Louis Darvirris  
Omer Matte

Senior Center Hours  
Monday through Friday  
8:00 am to 4:00 pm

## Social Services

January 2013

So here we go again, starting another year with friends and family...making new memories or maybe making some new friends! Winter months can be hard if you're unable to get around independently and need to socialize, grocery shop, get to a doctor and such. The Council on Aging is one place seniors can always depend on to be there when you are in need. If you haven't seen the center, please come visit, Have lunch and get to know us this year. We offer many activities, movies, we have an extensive selection in our library, and many more services (Fuel Assistance & SNAP) to help our senior residents. More importantly, we offer transportation so no need to worry about a ride. Who knows, you might find what you're looking for right here.

**Donna Houston, Outreach Coordinator**

**Thanks to our wonderful volunteers for all there time they shared and for all there giving this past year.**

Volunteers please don't forget to turn in your monthly time sheets on the last week of the month. Also to scan in your volunteer time in the computer. Our next meeting will be held in February. I will inform you on the date.

Wishing all a happy & healthy New Year

**Judy Gilbert Social Service/Volunteer Coordinator**

### **MERRIMACK VALLEY NUTRITION**

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

**Thursday Jan. 24th at 11:30  
MVNP January Site Special**

### **Stuffed Crust Pizza:**

Regular cheese, pepperoni, or green peppers with onions. Make your salad selection at our salad bar. Homemade apple turnover, topped with vanilla ice cream. **Please sign up with Debbie by Jan.17th.** Call **978-957-0129** A \$2.00 donation is suggested.

## **TRANSPORTATION PROGRAM**

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart\*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

### **MEDICAL APPOINTMENTS**

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

**Everyone must be picked up before 2PM**

**Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.**

## **VOLUNTEER PROGRAMS**

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

**ALTERNATIVE FORMATS:** To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

## **ATLANTIC CITY**

**Bally's Hotel & Casino April 7th—10th, 2013**

4 days/ 3night motorcoach tour \$319 pp do

Receive \$75 back in slot play

For more info call **Carol Gavriel 978-957-5527**

## SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. Jan. 9th & 23rd** Please make your appointment at the office by calling. 978-957-2611

## FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

## Health Clinics

**Dracut Council on Aging  
951 Mammoth Road**

Nancy Harding, RN from the VNA  
Every Thursday from 1:30-3:45PM,  
blood pressure checks, weight monitor-  
and personal consultation. **Blood sugar testing (3rd  
Thursday at 2:30 pm) for known Diabetics.** 100% OF  
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF  
VNA SERVICES.



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## DRACUT SENIOR CITIZEN'S CLUB

**The Dracut Senior Citizen's Club** is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings Wed. Jan.9th & 23rd**

A bingo game is held right after the meeting.  
Annual dues are \$2.00 payable on meeting days.  
Call Ed Bishop for more info @ 978-453-0969

## THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

\*No fees or registration

\*No financial, age or residency restrictions

\*Cannot be used with insurance

**See or call Donna Houston at 978-957-2611**

Or on line @[www.needymeds.org](http://www.needymeds.org)  
download, print, clip and save.

## Second Hand Rose

Thrift Shop - Open Daily  
Dracut Council on Aging  
951 Mammoth Road  
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated. General Public Welcome. Please come meet Pauline our perky always smiling store volunteer.

All proceeds benefit the Friends of the  
Dracut Elderly, Inc.

## FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan  
Treasurer, Pat Cahill  
Clerk, Barbara Dickinson  
Member, Judy Fuller  
Member, Linda Bloomgren  
Member, Mary Beth Shanahan  
The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

# JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY NEW YEAR CLOSED FOR HOLIDAY	2 Cards/Pool/Chess Wii/Foosball 10:00.....Bone Builders 3:00.....Reiki	3 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 9:30-12....Quilting Class 10:30-11:30.....Bone Builders 1:00.....Bingo 3:00.....Reiki	4 Cards/Pool/Chess Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30Walmart & Bobola's 12:00.....Cribbage 3:00.....Reiki
7 Cards/ Pool/Chess Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	8 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie (HOPE SPRING) 12:30.....Knit/Crochet 3:00.....Reiki	9 Cards/Pool/Chess Wii/Foosball 9-11Beginners Computer 9:30-1:00.....Shine 10:00.....Bone Builders 10:00-11:00.....Tai Chi 1:00.....Senior Club Meeting 3:00.....Reiki	10 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00 Healthy Brain 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy 3:00.....Reiki	11 Cards/Pool/Chess Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30.Job Lots & Al Fre- sca Ristorante in Tewks- bury 12:00.....Cribbage 3:00.....Reiki
14 Cards/Pool/Chess Wii/Foosball 10-11.....Bone Builders 10...Affordable Hearing (Free Hearing Screening) 10:30.Rep. Colleen Garry (will hold office hours) 1:00.....Bingo	15 Cards/Pool/Chess Wii/Foosball 9:00-10:00...Energetics 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	16 Cards/Pool/Chess Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 2:30.....DCOA Board Meeting 3:00.....Reiki	17 Cards/Pool/Chess Wii/Foosball 9:00-11:00.....Energetics 9:30-12....Quilting Class 10:00..... 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy 3:00.....Reiki	18 Cards/Pool/Chess Wii/Foosball 9:00.....Bowling 9-00.....Line Dancing 9:30Target & China Buf- fet in Lowell 12:00.....Cribbage 3:00.....Reiki
21 MARTIN LUTHER KING DAY  CLOSED FOR HOLIDAY	22 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	23 Cards/Pool/Chess Wii/Foosball 9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1:00.....Senior Club Meeting 3:00.....Reiki	24 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 9:30-12.....Quilting 10:00..... 10:30-11:30.....Bone Builders 11:30 MVNP Site Special 1:00.....Bingo 1:30-3:45..Nurse Nancy 3:00.....Reiki	25 Cards/Pool/Chess Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Home Goods & 99 In Derry N.H. 12:00.....Cribbage 3:00.....Reiki
28 Cards/ Pool/Chess Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	29 Cards/Pool/Chess Wii/Foosball 9:00...Veterans Breakfast 9:00-10:00.....Energetics 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	30 Cards/Pool/Chess Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 3:00.....Reiki	31 Cards/Pool/Chess Wii/Foosball 9:00-10:00.....Energetics 10:00..Coffee with the Director 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30.3:45....Nurse Nancy 3:00.....Reiki	



# Groups - Classes - Events



## Groups Classes

### BEGINNER'S COMPUTING

With Pat Merrill

Jan. 2, 9, 16, 23 & 30th

Wednesdays 9:00-11:00

8 Weeks at \$15.00

### FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

### ENERGETICS

Jan. 3—Jan. 31st

Tuesdays & Thursdays

9:00 –10:00

With Elaine Corsetti

\$20.00 per session

### TAI CHI

With Connie Rock on Wednesdays

Jan. 9, 16 & 23rd

10:00—11:00

\$35 for Six Week Course

### ART CLASS

With Stella Pappas

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Classes will resume in March

Sponsored in part by a grant from the Dracut  
Cultural Council

### BONE BUILDERS

FREE

Helps increase endurance & strength with  
activities to improve balance & to prevent falls.  
Warm up exercises, stretching. Class uses  
weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

For any info on classes please call Judy Gilbert  
at 978-957-2611

## Lift Your Spirits

### REIKI

EVERY TUESDAY—FRIDAY AT 3:00PM

\$3.00 a session

Reiki is an ancient touch therapy technique that  
compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness  
from minor to chronic conditions such as arthritis,  
fibromyalgia and other pain syndromes. It helps  
alleviate the negative effects of chemotherapy,  
post operative pain, depression as well as  
improving the healing rate.

**Please call the center to make an appointment.**

**NOTE: PLEASE PAY FOR CLASSES WITH  
A CHECK MADE OUT TO:**

**The Friend's of The Dracut Elderly, Inc.**

### Bowlers Needed

Small candlepins Bowling @Park Lanes in  
Windham, NH Fridays at 9AM. \$12.00 includes  
bowling and all banquets. **Call the COA office  
at 978-957-2611**

### BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am \$2 a class

\$2.00 a class

## Library News

**DCOA Librarian: Ruth Chappas**

The DCOA Library has a magnifier for enlarging  
print. The magnifier is available during Center  
hours.

Group jigsaw puzzle every day in the Library.  
Chess Game Set Up In Library

### LEGACIES VOLUME VIII ANTHOLOGY

Are available at the senior center for \$3.00

In Memoriam, Friends of the Dracut Elderly, Inc.  
memorial cards are available at the center

## UP COMING EVENTS IN JANUARY

### DINNER & MOVIE

**Tuesday Jan. 8th  
at 11:30**

**Dinner:** Pineapple ginger chicken, white rice, green beans almondine. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. \$2.00 donation is suggested.

### **Free movie starts at 12noon HOPE SPRINGS**

Kay & Arnold are a devoted couple, but decades of marriage have left Kay wanting to spice things up and reconnect with her husband. When she hears of a renowned couple's specialist in a small town of Hope Springs, she attempts to persuade her skeptical husband to go for a week of marriage therapy. As they try to re-ignite the spark that caused them to fall for each other in the first place.

**Rated :PG**

**Staring: Meryl Streep & Tommy Lee Jones**

**Free Popcorn & Drinks Served**

### **Methuen Village**

Will present Healthy Eating, Healthy Brain with nutritionist Dr. Lombard on **Jan 10th at 10am**  
Healthy refreshments will be served.

### **Affordable Hearing Hearing Clinic**

**with Christopher Streeter Monday Jan. 14th  
10am –12pm**

**Free service for:**

Hearing screenings, evaluations, hearing aid maintenance and cleaning. minor hearing aid repairs

**Please call for appointment at 978-957-2611**

### **Representative Colleen Garry**

Will hold office hours at the COA on  
**Monday Jan. 14 at 10:30**

## Quick Trips for January 2013

**Friday-...Jan.4th..Walmart & Bobola's**

**Friday-Jan.11th..Job Lots & Al Fresca Ristorante in  
Tewksbury**

**Friday- Jan.18th..Target & China Buffet in Lowell**

**Friday-Jan.25th..Home Goods & 99 in Derry N.H.**

### **Check out!! The New Dracut Website**

**@[www.dracut-ma.us](http://www.dracut-ma.us)**

For all information on The Dracut Council on Aging.

### **VETERANS BEEAKFAST**

**Tuesday Jan. 29th at 9:00am**

All veterans and spouses are welcome to attend.

### **COFFEE WITH THE DIRECTOR**

**Thursday Jan. 31st at 10am**

Stop by for coffee and refreshments.

Discussions on upcoming events,  
issues and concerns.

### **FUEL ASSISTANCE PROGRAM**

Household Size	Maximum Gross Income
1	31,271
2	40,893
3	50,515
4	60,137

**You can RENT or OWN your home. If your heat is included in your rent, you may be qualify.**

Program Period: November 1,2012 to April 30, 2013

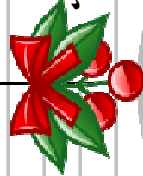
Please call **978-957-2611** to make appointment.

### **Please Note: Copies of this newsletter are placed in the following locations:**

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

# MVNP January 2013

## Client Menu

31-Dec		1-Jan	2 High Sodium Meal		3	4
Orange Juice	<div></div> <div><i>New Year's</i></div> <div><i>Holiday</i></div>		LS Hot Dog	Stuffed Chicken Breast	Krunchy Lite Fish	
Cheese Omelet			Mustard & Relish	Cranberry Sauce	Haystack Potato	
Sausage Links (3 ea)			New Eng Baked Beans	Baked Potato	Country Blend Veggies	
Cheerios			Coleslaw	Low Fat Sour Cream	Ketchup	
Low Fat Muffin			Hot Dog Roll	California Blend Veggies		
Calories: 660 Sodium: 893		Calories: 737 Sodium: 1893	Calories: 461 Sodium: 563	Calories: 419 Sodium: 392		
7	8	9	10	11		
Hamburger	Pineapple Ginger Chicken	Potato Crunch Fish	Rotisserie Chicken Breast	Grape Juice		
Ketchup	White Rice	Florentine Rice	Rice Pilaf	Macaroni & Cheese		
Potato Wedges	Green Beans Almondine	Carrot Coins	Peas & Carrots	Zucchini & Stew Tom.		
Coleslaw			Cranberry Sauce			
Hamburg Roll						
Calories: 635 Sodium: 1013	Calories: 292 Sodium: 349	Calories: 442 Sodium: 473	Calories: 649 Sodium: 777	Calories: 537 Sodium: 582		
14	15	16	17 Birthday Dinner	18		
Salisbury Steak & Gravy	Cranberry Juice	Shepherd's Pie (Ground	Roast Turkey	Fish a la Ritz		
Red Bliss Whip Potatoes	Chicken Tetrazzini	Beef, Whip Potatoes, and	Gravy	Roasted Red Potatoes		
California Blend Veggies	Mixed Vegetables	Kernel Corn)	Whipped Potatoes	Low Fat Sour Cream		
			Peas & Mushrooms	Carrots and Turnips		
Calories: 335 Sodium: 695	Calories: 481 Sodium: 473	Calories: 498 Sodium: 258	Calories: 374 Sodium: 736	Calories: 346 Sodium: 359		
21	22	23	24	25		
No Meal Served	Chicken Breast Fillet	Mild Chili / LF Sour Cream	High Sodium Meal	Creole Fish		
Martin Luther	Cranberry Sauce	Potato Wedges	Baked Turkey Ham	White Rice		
King Day	Whip Potatoes & Chives	Ketchup	Raisin Sauce	Peas & Carrots		
	Italian Blend Veggies	Kernel Corn	Whip Sweet Potatoes			
			Vegetable Medley			
28	29	30	31	1-Feb		
Calories: 432 Sodium: 724	Calories: 575 Sodium: 637	Calories: 575 Sodium: 637	Calories: 267 Sodium: 933	Calories: 247 Sodium: 295		
Grilled Chicken Breast	Beef Meatballs with	Roast Turkey	Terriyaki Chicken	Cheese Lasagna		
Mayonnaise	Marinara Sauce & Ziti	Gravy	White Rice	Marinara Sauce		
Chuckwagon Corn	Mixed Vegetables	Bread Stuffing	Green Beans Almondine	Broccoli Cuts		
LS Potato Chips		California Blend Veggies		Parmesan Cheese		
Calories: 375 Sodium: 585	Calories: 503 Sodium: 854	Calories: 410 Sodium: 1037	Calories: 267 Sodium: 604	Calories: 334 Sodium: 588		

**Sodium is listed in milligrams.**

**Suggested donation is \$2.00 per meal.**

**All meals served with low-fat milk, bread, margarine and dessert.**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**